

Advanced Food Technology Competencies

1. PERSONAL QUALITIES AND PEOPLE SKILLS
 - a. Demonstrate positive work ethic.
 - b. Demonstrate integrity.
 - c. Demonstrate teamwork skills.
 - d. Demonstrate self-representation skills.
 - e. Demonstrate diversity awareness.
 - f. Demonstrate conflict-resolution skills.
 - g. Demonstrate creativity and resourcefulness.

2. PROFESSIONAL KNOWLEDGE AND SKILL
 - a. Demonstrate effective speaking and listening skills.
 - b. Demonstrate effective reading and writing skills.
 - c. Demonstrate critical-thinking and problem-solving skills.
 - d. Demonstrate healthy behaviors and safety skills.
 - e. Demonstrate an understanding of workplace organizations, systems and climates.
 - f. Demonstrate lifelong-learning skills.
 - g. Demonstrate job-acquisition and advancement skills.
 - h. Demonstrate time-, task-, and resource-management skills.
 - i. Demonstrate job-specific mathematics skills.
 - j. Demonstrate customer-service skills.

3. TECHNOLOGY KNOWLEDGE AND SKILL
 - a. Demonstrate proficiency with technologies common to a specific occupation.
 - b. Demonstrate information technology skills.
 - c. Demonstrate an understanding of Internet use and security issues.
 - d. Demonstrate telecommunications skills.

4. ASPECTS OF THE FOOD INDUSTRY / ORGANIZATIONS
 - a. Examine aspects of planning within food industry/organization.
 - b. Examine aspects of management within food industry/organization.
 - c. Examine aspects of financial responsibility within food industry/organization.
 - d. Examine technical and production skills required of workers within an industry/organization.
 - e. Examine principles of technology that underlie an industry/organization.
 - f. Examine labor issues related to an industry/organization.
 - g. Examine community issues related to an industry/organization.
 - h. Examine health, safety and environmental issues related to an industry/organization.

5. ELEMENTS OF STUDENT ORGANIZATIONS
 - a. Identify the purposes and goals of the student organization.
 - b. Explain the benefits and responsibilities of membership in the student organization as a student and in professional/civic organizations as an adult.
 - c. Demonstrate leadership skills through participation in student organization activities, such as meetings, programs, and projects.

6. SAFETY AND SANITATION
 - a. Identify the Hazard Analysis Critical Control Point (HACCP) during all food-handling processes as a method for minimizing the risk of foodborne illness.
 - b. Identify microorganisms related to food spoilage and foodborne illnesses.
 - c. Describe symptoms common to foodborne illnesses and how illness can be prevented.
 - d. Explain good personal hygiene/health practices.
 - e. Demonstrate safe food production, storage, and service procedures.
 - f. Identify potentially hazardous foods.
 - g. Identify common food allergens.
 - h. Demonstrate the safe use of cleaners and sanitizers.
 - i. Explain Material Safety Data Sheets (MSDS) and their requirements.

- j. Conduct a sanitation inspection, identifying modifications necessary for compliance with standards.
- k. Outline schedule and procedures for cleaning and sanitizing equipment and facilities.
- l. Identify industry-standard waste-disposal and recycling methods.
- m. Describe measures for insect, rodent, and pest control and eradication.
- n. Identify physical hazards to the health and safety of employees.
- o. Identify facility hazards in the work environment.
- p. Outline emergency procedures for kitchen and dining room injuries.
- q. Identify the classes of fires and the method for extinguishing each.

7. APPLYING NUTRITIONAL PRINCIPLES

- a. Identify governmental nutritional guidelines.
- b. Evaluate diets, using the recommended dietary allowances.
- c. Identify the principles of cooking and storage techniques for maximum retention of nutrients.

8. APPLYING FOOD –PREPARATION TECHNIQUES

- a. Demonstrate basic knife skills.
- b. Demonstrate basic hand tool(s) and utensil operation.
- c. Demonstrate basic equipment operation.
- d. Demonstrate basic uses of pots and pans.
- e. Read and follow a recipe.
- f. Prepare food from standardized recipes for menu production.
- g. Analyze dry heat cooking methods: roasting, baking, broiling, grilling, griddling, sautéing, pan frying, and deep frying.
- h. Analyze moist heat cooking methods: poaching, steaming, and boiling.
- i. Analyze combination cooking methods: braising and stewing.
- j. Demonstrate scaling and measurement techniques, using weight.
- k. Demonstrate scaling and measurement techniques, using volume.
- l. Identify herbs, spices, oils, and vinegars.
- m. Identify and fabricate meats.
- n. Identify and fabricate poultry.
- o. Identify and fabricate shellfish.
- p. Identify similarities and differences between stocks, soups, and sauces and their preparations.
- q. Identify fruits, vegetables, and farinaceous items and their preparations.
- r. Identify breakfast meats.
- s. Identify different egg products.
- t. Identify hot breakfast cereals.
- u. Identify batter products.
- v. Prepare breakfast meats.
- w. Prepare eggs in a variety of ways.
- x. Prepare hot breakfast cereals.
- y. Prepare batter products.
- z. Demonstrate food-presentation techniques.

9. PREPARING GARDE MANGER

- a. Prepare cold food: salad.
- b. Prepare cold foods: dressings and marinades.
- c. Prepare cold foods: dips and relishes.
- d. Prepare cold food: sandwiches.
- e. Prepare cold foods: canapés and hors d'oeuvres.
- f. Demonstrate cold food presentation techniques.
- g. Produce edible decorative pieces.

10. LEARNING BAKING FUNDAMENTALS

- a. Define baking terms.
- b. Identify equipment and utensils used in baking.
- c. Identify ingredients used in baking and their functions.
- d. Prepare yeast products.

- e. Prepare quick breads.
- f. Prepare pies and tarts.
- g. Prepare cookies.
- h. Demonstrate dessert and baked goods presentation techniques.

11. SERVING IN THE DINING ROOM

- a. Demonstrate the general rules of table settings and service.
- b. Demonstrate communication with diverse groups.
- c. Identify types of dining service techniques.
- d. Perform an on-site catered function.
- e. Identify types of dining establishments.
- f. Demonstrate procedures for marketing to customers.
- g. Prepare and serve beverages.

12. USING BUSINESS AND MATH SKILLS

- a. Demonstrate recipe and formula conversions.
- b. Demonstrate preparation of a guest check.
- c. Perform calculations, using current technology.

13. PURCHASING AND RECEIVING GOODS AND SUPPLIES

- a. List the requirements for proper receiving and storage of raw and prepared foods as well as non-food items.
- b. List the formal and informal purchasing methods.
- c. Describe the purpose of requisitions.
- d. Describe market fluctuation and the effect on product cost.
- e. Explain the legal and ethical considerations of purchasing.
- f. Describe the importance of product specifications.
- g. Explain current regulations for inspecting and grading of foods.
- h. Evaluate received foods to determine conformity with user specifications and agreed-upon price.
- i. Describe steps of receiving and storing food.
- j. Describe the steps of receiving and storing cleaning supplies and chemicals.
- k. Conduct inventory of food and non-food items.

14. INTRODUCTION TO HOSPITALITY INDUSTRY

- a. Describe the scope of the hospitality industry.
- b. Trace the growth and development of the hospitality industry.
- c. Identify professional hospitality organizations.
- d. Identify career opportunities.
- e. Read industry trade periodicals.

15. USING WORKPLACE SKILLS

- a. Complete the mock job interview process, including preparation and follow-up.
- b. Describe employee orientation.
- c. Identify various training methods.
- d. Identify types and methods of employee evaluation.
- e. Identify techniques to resolve conflict and negotiate differences.
- f. Identify federal and state employment laws.